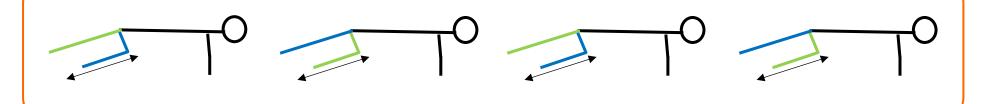


Mountain Climbers



How to do it:

- ✓ Start in a push up position, keeping your body as straight as possible.
- ✓ Bring your left leg up, bending your knee towards your chest.
- ✓ Straighten your left leg, as you do this begin to bring your right knee up towards your chest.
- ✓ Repeat this movement, switching knees each time.

What to do:

- ✓ Perform mountain climbers for 30 seconds.
- ✓ Rest for 1 minute, then perform again.
- ✓ Can you do this 5 times?
- ✓ How many mountain climbers can you complete in 30 seconds?